

Jackson County



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BEST OF BETTE FALLS

COOKBOOK

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Mrs. Barbara Patridge, Teacher

BEST OF BUTTE FALLS COOKBOOK

This cookbook is a collection of favorite recipes of the residents and friends of Butte Falls, Oregon, compiled by students in the Home Economics classes. It reflects the history of our families too featuring some recipes which are cherished because they have been handed down. Most recipes are "from scratch" using traditional methods while other recipes are quick-and-easy beginning with "add-to" convenience foods. There are gourmet and health food recipes too. In these pages, perhaps you will find some recipes new to you. Cook, eat, and enjoy!

Personality sketches of each contributor, the person's philosophy of cooking and hobbies, are given following each recipe.

ACKNOWLEDGEMENTS

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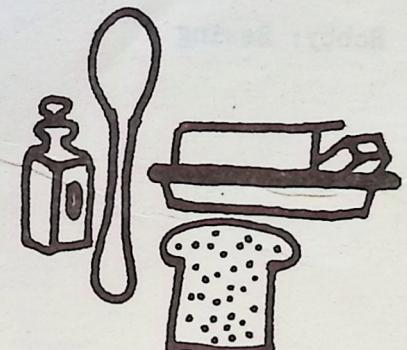
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BREADS



ANGEL FLAKE BISCUITS

5 cups flour
 1 tsp. salt
 1 tsp. soda
 3 Tbsp. baking powder
 3 Tbsp. sugar
 1 cup shortening
 1 cake yeast, dissolved in 2 Tbsp. warm water
 2 cups buttermilk

Mix ingredients as listed. Store dough in tightly closed plastic bags in refrigerator; use as needed. Do not let rise at any time. Bake on greased cookie sheet at 450° F. for 10 minutes.

Can be cut and frozen on cookie sheet, then put into sealed plastic bag. Just let dough thaw, then bake as directed.
 Makes 3 dozen.

Elaine Henshaw

"Make it homemade, save time when possible; be prepared for unexpected company."

Hobby: Sewing

KALIKA (Armenian Rolls)

1 cup shortning or oil	2 eggs
1 cup warm water	2 packages dry yeast
1 cup sugar	5-6 cups flour
1 tsp. salt	
1 tsp. black caraway seeds (optional)	
Sesame seeds (optional)	

Dissolve yeast in water. Add sugar and then shortning, salt, and black caraway seeds. Beat in eggs. Add sifted flour until dough is easy to work with hands, not sticky and not dry. Knead well and then cover and place in warm area to rise until at least double in bulk. Shape into rolls and let rise again until double. Top with sesame seeds if desired. Bake at 375° for 15-20 minutes.

Sara Wattenburger

"Cooking can be fun! I like to try new recipes and foreign foods to keep cooking interesting."

Hobbies: Art and craft projects, water skiing.

HONEY WHOLE WHEAT BREAD

1 cup milk
 3/4 cup shortening
 1/2 cup honey
 2 tsp. salt
 3 eggs, lightly beaten

3/4 cup warm water
 4 1/2 cups white flour
 2 packages active dry yeast
 1 1/2 cups whole wheat flour
 1 tsp. butter

In a saucepan, heat milk until bubbles form around the edge of pan; remove from heat. Add shortening, salt, and honey, stirring until shortening melts. Let cool to lukewarm. Sprinkle yeast over warm water in large bowl; stir until yeast dissolves; then stir in milk mixture and the eggs. Combine white and wheat flours. Add 2/3 cups flour mixture to liquid ingredients. Using electric mixer at low speed, beat until blended. Then beat at medium speed until smooth, about 2 minutes, with wooden spoon. Gradually beat in remaining flour. Mix by hand, squeezing dough between fingers 20-30 times. Cover bowl with wax paper and towel. Let dough rise in a warm place about 1 hour, until batter is above rim of bowl. Punch down dough. Lightly grease a three quart casserole or heatproof bowl. Cover and let rise 40-50 minutes. Preheat oven to 375° F. With a sharp knife, put a 4 inch cross on top of the bread. Bake 45-50 minutes. Rub butter on top while bread is hot from the oven. Makes 1 loaf.

Leona Wright

"I like to feed my family well."

Hobby: Sewing

MY GOOD FATHER'S SHEPHERD'S LOAF

Sponge: 1 cake or package yeast
 2 cups lukewarm water
 4 cups flour
 2 Tbsp. honey

Sponge: Dissolve the yeast in the water slowly, and thoroughly blend in the flour and honey. Cover with a clean towel and let rise in a warm place for approximately 4 hours.

Dough: 1 cake or package yeast 2 Tbsp. honey
 1 cup warm water 2 cups flour or more
 1 Tbsp. salt

Dissolve the yeast in the water. Blend in salt, honey, and flour. Blend well. Thoroughly mix with sponge until smooth; dough will pull away from the bowl. Turn out on a lightly floured board and knead for 3-5 minutes, then let rest 10 minutes. Shape into a round loaf; cut a cross in the center and place on a cornmeal-sprinkled baking tin. Cover and let rise in a warm place until almost double. Then place a pan of boiling water on the floor of the oven. Place bread in oven, set oven at 400° F. and bake for 45 minutes. Brush with egg-white glaze before and after baking.

Rodene Huggins

"Things made from scratch have to be better."

Hobbies: Music, sewing, art, reading

PECAN NUT ROLLS

1 cup milk
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ cup shortening
1 cake or pkg. dry yeast
3 eggs

Combine milk, sugar, salt, and shortening in a saucepan and heat mixture until shortening melts. Cool to lukewarm. Add yeast and let stand 10 minutes; then add beaten eggs followed by flour and beat until the dough is smooth, but not soft. Knead the mixture lightly on a floured board. Then put in a large greased bowl in a warm place to rise until double in size; it takes about one hour.

Take 3-9 inch cake pans or 3 dozen muffin pans. Grease the bottoms and sides; sprinkle with brown sugar and nuts. After dough is raised put it on a floured board and divide into 3 portions. Take each and roll out $\frac{1}{2}$ inch thick; spread surface with soft butter and brown sugar. Roll up dough like a jelly roll and cut off 1 inch slices. Put in prepared cake or muffin pans. Let rise a second time in warm spot until light and double in size. Just before baking pour about $\frac{1}{2}$ tablespoon maple syrup over each roll and bake about 25 minutes in 400° F. oven. Makes 3 dozen rolls.

Wilma Dyer

$4\frac{1}{2}$ cups sifted flour
 $\frac{1}{2}$ cup butter
 $\frac{3}{4}$ cup nuts
1 cup maple syrup

JALAPENO CORNBREAD

3 cups cornbread mix
 $2\frac{1}{2}$ cups milk
 $\frac{1}{2}$ cup salad oil
3 eggs, beaten
1 large onion, grated
2 Tbsp. sugar
1 cup cream-style corn
 $\frac{1}{2}$ cup very finely chopped jalapeno hot peppers (fresh or canned)
 $1\frac{1}{2}$ cups sharp cheese, shredded
 $\frac{1}{4}$ lb. bacon, cooked and crumbled
 $\frac{1}{4}$ cup chopped pimientos
 $\frac{1}{2}$ clove garlic, crushed (optional)

Put cornbread mix in large bowl; add milk and stir. Add other ingredients in order given. Bake in three greased 8 x 8 x 2 inch pans at 400° F. about 35 minutes or until done. This freezes well and is excellent served with vegetables, chili, or stew. Serves 12-16.

Linda Dermody

"I generally cook plain Southern-style foods - fried meats and vegetables and occasionally Mexican food."

Hobbies: Sewing, painting.

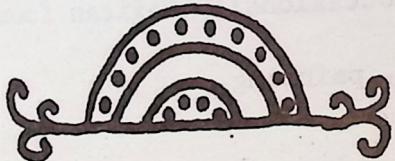
THREE LAYER CORN BREAD

1 cup corn meal (whole grain, stone ground)	
$\frac{1}{2}$ cup whole wheat flour	1 egg
$\frac{1}{2}$ cup unblended white flour	$\frac{1}{2}$ cup honey or molasses
2 tsp. baking powder	$\frac{1}{4}$ cup oil
$\frac{1}{2}$ tsp. salt	3 cups milk

Combine liquid ingredients; mix in blender. Combine dry ingredients. Add to liquid ingredients; mix slowly. Pour into greased 9x9 inch pan. Mixture will be quite watery. Bake 50 minutes at 350° F. or until top is springy when touched. One batter makes three layers; the corn meal settles, the bran rises, in the middle an egg-custardy layer. Easy, amazing!

Peter Vorbeck

"Cook simple foods, simply prepared."



CAKES



Sift together in ungreased 9 x 13 inch pan:

2 cups sugar 2 tsp. baking soda
3 cups flour 6 Tbsp. baking cocoa
1 tsp. salt

Add:
2 tsp. vanilla
3/4 cup salad oil
2 Tbsp. vinegar
2 cups water

Stir with a fork and do not beat. Bake 45 minutes at 375°F. This is excellent served warm with vanilla ice cream for a topping.

Serves 12.

Holly Foster

Hobbies: Cooking and reading

MAYONNAISE CAKE

2 cups sifted flour	1 tsp. salt
1 cup sugar	1 cup mayonnaise
1½ tsp. baking soda	1 cup cold water
4 Tbsp. cocoa	2 tsp. vanilla
1½ tsp. baking powder	

Sift dry ingredients into a bowl; add 1 cup cold water and mix. Add mayonnaise and beat well; add vanilla. Bake in a greased square cake pan at 350° F. for 30-35 minutes. Serves 8.

Cleota Hunt

"I love to eat good food."

Hobbies: Hunting rocks and arrowheads

OATMEAL CAKE

1 cup oatmeal
1½ cups boiling water
½ tsp. salt
1 cup sugar
1 tsp. baking soda
1 tsp. nutmeg
1 tsp. cinnamon
1 cup brown sugar
½ cup melted shortening, cooled
2 eggs
½ tsp. salt

Cook oatmeal in $\frac{1}{2}$ tsp. salt in boiling water according to package instructions. Set aside. Sift together all dry ingredients. Combine cooled melted shortening and eggs and add to cooked oatmeal. Bake in a greased 9 x 9-inch cake pan at 350° F. for 35 minutes.

ICING

6 Tbsp. butter	$\frac{1}{2}$ cup chopped walnuts
$\frac{1}{2}$ cup brown sugar	$\frac{1}{2}$ tsp. vanilla
$\frac{1}{4}$ cup light cream	
$\frac{1}{2}$ cup coconut	

Combine all ingredients in a saucepan and boil over slow to medium heat until slightly thick. Pour on cake while still hot.

Herb Wright

Hobbies: Rock polishing, jewelry making.

LAZY DAISY CAKE

1/2 cup butter
 1 cup sugar
 1 cup brown sugar
 2 eggs
 1 tsp. vanilla
 1 1/4 cup boiling water

TOPPING

3 Tbsp. thin cream
 1/2 cup butter
 1/2 cup brown sugar

Cream butter and sugars; add eggs, vanilla. Pour water over oatmeal, and let stand 20 minutes; add to batter. Add flour and other ingredients. Mix well. Bake in a greased oblong pan at 350° F. for 50-55 minutes. Mix topping and spread over cake. Broil until bubbly.

Darlene Jolliffe

Hobby: Reading.



LAZY DAISY CAKE

1 cup oatmeal
 1 1/2 cup flour
 1/2 tsp. salt
 1 tsp. baking soda
 3/4 tsp. cinnamon
 1/4 tsp. nutmeg

1/2 cup chopped nuts
 3/4 cup coconut

APPLE SAUCE CAKE

1 cup margarine
 1 1/2 cup sugar
 1 can applesauce
 1 tsp. soda
 1/4 cup hot water
 2 1/2 cup flour
 2 eggs
 2 tsp. each nutmeg and clove
 1 tsp. each allspice and cinnamon
 Dash salt
 Optional: 1 cup raisins and/or walnuts

Use creaming method to mix cake. Pour into greased baking dish and bake for 30 minutes at 350° F.

Judy Sizemore

"I enjoy cooking."

Hobbies: Sewing, macrame, outdoor sports and crafts.

TOMATO SOUP SPICE CAKE

1 pkg. spice cake mix
 1-10 3/4 oz. canned tomato soup
 1/2 cup water
 1/2 cup raisins
 1 cup chopped nuts

Prepare spice cake according to package directions, using one can condensed tomato soup and water as liquid. Add 1/2 cup each raisins and chopped nuts. Bake in 2 greased and lightly floured 8x1 1/2 inch round pans in moderate oven, 350° F., 30 to 35 minutes or until done. Cool 10 minutes; remove from pans. Cool and frost with a buttercream frosting.

Leola Chambers

BANANA NUT CAKE

3 cups chopped walnuts
 1 cup shortning (half butter for flavor)
 3 cups sugar
 4 eggs
 3 cups very ripe banana pulp
 3 cups flour
 $1\frac{1}{2}$ tsp. soda
 1 Tbsp. vanilla

Use creaming method to mix cake, adding banana pulp and milk as liquid. Pour into greased loaf pans or tube pan and bake at 350° F. for one hour. If baked in a tube pan bake at 325° F. This cake is good by itself or with chocolate icing.

Helen Irving

"I try to make everything the best I can and to teach my girls how to cook when they're young."

Hobbies: House plants, gardening and sewing.

FRESH APPLE CAKE

4 cups peeled and diced fresh apples	2 cups flour
2 cups sugar	2 tsp. baking soda
$\frac{1}{2}$ cup vegetable oil	2 tsp. cinnamon
1 cup chopped nuts	1 tsp. salt
2 well beaten eggs	
2 tsp. vanilla	

Combine oil, nuts, eggs, and vanilla in a bowl. Mix apples with sugar and combine with the oil, nuts, eggs and vanilla. Sift together dry ingredients. Add dry ingredients to liquid and mix well. Bake at 350° F. in a greased oblong pan for 60 minutes or until cake shrinks from the edge of the pan.

Georgia Curtis

Hobby: Quiltmaking

FRUIT COCKTAIL CAKE

Cake

2 cups flour
 1½ cups sugar
 2 tsp. baking soda
 2 eggs

½ tsp. salt
 1 can Fruit Cocktail
 ½ cup brown sugar
 ½ cup chopped walnuts

Mix all ingredients for cake in a mixing bowl; mix them well. Pour into an ungreased 9x13x2 inch pan. Sprinkle ½ cup brown sugar and ½ cup chopped walnuts on top of unbaked batter. Bake at 350° F. for 40 minutes.

While cake is baking, start the icing.

Icing

1 cup Evaporated Milk
 1 cup sugar
 ½ cup (1 cube) margarine
 1 tsp. vanilla

Combine all ingredients in a pan and cook on low to medium heat. The icing will be done at the same time the cake is finished baking. While the cake is still hot pour on the icing. Reserve 1/3 of icing and return to heat to thicken it more; then pour on remaining icing.
 It is a moist cake.

Earl Pinkert

PEACH BAR CAKE

1½ cups sifted flour
 1 tsp. baking powder
 ¼ tsp. baking soda
 1/3 tsp. salt
 ½ cup melted margarine

2 cups sugar
 4 eggs
 1 9oz. can diced peaches, drained
 ½ cup chopped walnuts

Preheat oven to 350° F. Sift together first four ingredients and set aside. Place margarine and sugar in a mixing bowl and beat. Beat in eggs, one at a time. Mix in dry ingredients. Add peaches and walnuts. Put in a greased and floured 12 x 9 x 2" pan. Bake for 30-40 minutes. Serves 8-10.

Aurilla Hubbell

"Read the recipe and then use your own imagination."

Hobbies: Cooking, babysitting, embroidery

SAUERKRAUT CAKE

2/3-cup margarine	1/4 tsp. salt
1 1/2 cups sugar	1 cup water
3 eggs, well beaten	1 tsp. vanilla
1/2 cup cocoa	2/3-cup well-drained and chopped
2 1/4 cups flour	sauerkraut
1 tsp. baking powder	
1 tsp. baking soda	

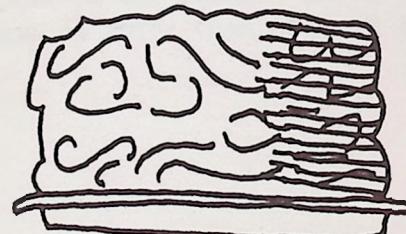
Mix margarine, sugar, and eggs. Sift dry ingredients and add alternately with water and vanilla. Add sauerkraut. Bake in 2 greased and floured cake pans at 350° F. for 30 minutes.

ICING

1/2 cup evaporated milk	1 cup coconut flakes
1/2 cup sugar	1/2 cup chopped nuts
1 beaten egg	
1/4 cup margarine	

Cook over medium heat, stirring constantly, until thickened, about 6 minutes. Add coconut and nuts. Mix well.

Dottie Villa



CHOCOLATE CHIP CAKE

1 cup chopped dates	1 Tbsp. cocoa
1 cup hot water	1-3/4 cup flour
1 cup butter	1 tsp. baking soda
1 cup sugar	1 cup chocolate chips
2 eggs	1/2 cup chopped nuts
1 tsp. vanilla	

Cover dates with water. Cream butter and sugar. Beat in eggs and vanilla. Add dates and water. Sift flour; add baking soda and cocoa. Mix together and stir in 1/2 cup chocolate chips. Place in 9"x13" greased and floured pan. Sprinkle another 1/2 cup chocolate chips and 1/2 cup chopped nuts on top. Bake 40 minutes at 350° F. Serves 15.

Karyn Lynch

"If it takes too long, forget it."

Hobbies: Jogging, swimming, and water skiing

CHOCOLATE MIRACLE WHIP CAKE

2 cups sifted flour	1/2 to 1/4 cup cocoa
1 cup sugar	1 cup Miracle Whip dressing
1 tsp. baking soda	1 cup water
Pinch of salt to taste	1 tsp. vanilla

Put everything in a bowl and mix. Pour into a greased square cake pan and bake at 350° F. for 25-30 minutes.

Lillian Wright

"You're off to a good start when you know how to cook."

Hobby: Cooking

CHOCOLATE PUDDING CAKE

1 cup flour
2 tsp. baking powder
 $\frac{1}{2}$ tsp. salt
 $\frac{2}{3}$ cup sugar
 $\frac{1}{2}$ cup milk

1 cup chopped nuts
1 square unsweetened chocolate, grated
2 Tbsp. melted butter
1 tsp. vanilla

Sift flour, baking powder, salt, and pepper into a bowl. Add milk, chocolate, nuts, butter, vanilla and blend well. Pour mixture into a greased baking dish.

TOPPING

$\frac{1}{4}$ cup white sugar
 $\frac{1}{2}$ cup brown sugar
3 squares unsweetened chocolate, grated
3 Tbsp. cocoa

$\frac{1}{4}$ tsp. salt
1 tsp. vanilla
1 cup boiling water

Combine sugars, chocolate, salt, and vanilla; spread evenly over first mixture. Pour the boiling water over this; do not stir. Bake in a moderate oven at 350° F. for 1 hour, until the cake that rises to the top is done. There will be a layer of fudge sauce beneath. It can be served warm or cold, with or without cream.

Patsy Ayer

CHOCOLATE SNACK CAKE

1-2/3 cups flour
1 cup brown sugar
 $\frac{1}{4}$ cup cocoa
1 tsp. baking soda
 $\frac{1}{2}$ tsp. salt

1 cup water
 $\frac{1}{3}$ -cup vegetable oil
1 tsp. vinegar
 $\frac{1}{2}$ tsp. vanilla

Preheat oven to 350° F. Mix all ingredients in a bowl or in an 8 x 8 x 2 inch baking pan. Mix well and bake for 35-40 minutes. There's no need to oil the baking pan. Dust with powdered sugar after baking. Sherry says, "I even double this recipe for a layer cake; it's very moist."

Sherri Ellis

"If I don't cook - we don't eat."

Sewing, gardening.

CINNAMON CHOCOLATE CAKE

2 cups flour	$\frac{1}{2}$ cup (1 cube) margarine
2 cups sugar	1 cup water
1 tsp. cinnamon	4 Tbsp. cocoa
1 tsp. baking soda	2 eggs, slightly beaten
$\frac{1}{2}$ cup buttermilk	

Sift together flour, sugar, cinnamon, and baking soda. In a saucepan cook to a full boil the margarine, water, and cocoa. Let it cool and then add to dry ingredients; blend well. Add eggs and buttermilk. Beat until well mixed. Pour into a greased 12 x 9 inch pan. Bake at 350° F. for 20-30 minutes.

FROSTING

$\frac{1}{2}$ cup (1 cube) margarine	1 lb. powdered sugar
$\frac{1}{4}$ cup cocoa	1 Tbsp. vanilla
6 Tbsp. Milk	$\frac{1}{2}$ cup chopped walnuts

In a saucepan bring to a boil the margarine, cocoa, and milk. Remove from heat and add sugar, vanilla, and nuts. Pour over the cake while the cake is still hot.

Norma Crosby

Hobbies: Swimming and sewing

GERMAN CHOCOLATE CAKE

1-6 oz. pkg. chocolate chips	$2\frac{1}{2}$ cups flour
$\frac{1}{2}$ cup boiling water	1 tsp. baking soda
1 cup butter	$\frac{1}{2}$ tsp. salt
2 cups sugar	1 cup buttermilk
4 egg yolks	4 egg whites, stiffly beaten
1 tsp. vanilla	

After boiling water in a small saucepan put in chocolate chips, remove from heat, and set aside. In a large bowl cream butter and sugar; add chocolate chips and water to the butter mixture. Mix well and add the remaining ingredients in order. Last fold in the egg whites. Makes 3-8" or 9" cakes. Divide evenly and pour batter into greased and floured pans. Bake at 350° F. for 35-40 minutes. Let cool before frosting.

FROSTING

1 cup evaporated milk	$\frac{1}{2}$ cup butter
1 cup sugar	1 tsp. vanilla
3 egg yolks	

Combine above ingredients and cook in a pan over medium heat for 12 minutes, stirring constantly until the mixture thickens. Then add 1 cup each chopped nuts and shredded coconut.

Juanita Ellefson

"I enjoy sand duning, reading, hunting, and hunting artifacts."

COOKIES

COTTAGE CHEESE COOKIES

1 cup cottage cheese
 2 cubes butter (1 cup)
 2 cups flour
 $\frac{1}{4}$ cup melted butter
 $\frac{3}{4}$ cup chopped walnuts
 $\frac{3}{4}$ cup brown sugar
 Powdered sugar

Blend cottage cheese and butter; add flour and blend. Roll out 1 inch thick on floured board. Spread with the melted butter; then sprinkle brown sugar and nuts. Cut in 2 inch pie shaped wedges and roll up. Bake at 400° about 20 minutes. Roll in powdered sugar while still hot. Makes 5 dozen or more.

Nadine Donnally

Hobbies: Fishing and boating.

WESSON OIL COOKIES

4 eggs	$1\frac{1}{2}$ cups sugar
$1\frac{1}{3}$ cups Wesson Oil	4 cups flour
2 tsp. vanilla	1 tsp. salt
2 tsp. lemon juice (optional)	3 tsp. baking powder

In a medium sized bowl beat well the four eggs. Add Wesson Oil, vanilla, and lemon juice. Add sugar gradually and beat until thick. Sift the flour with salt and baking powder. Add to the original mixture and mix well. Drop by teaspoonsful onto greased baking sheet. Flatten each cookie using the bottom of a glass dipped in butter and sugar. Bake at 375° F. for 10-12 minutes. Makes 3-4 dozen cookies.

Virginia Ellis

"I like to cook sometimes, but I am not a creative cook because too much good cooking puts on extra weight."

Reading, shopping.

PUMPKIN CHIP COOKIES

1 can pumpkin pie mix-pumpkin or squash	2 cups sugar
2 tsp. baking soda	2 beaten eggs
4 tsp. baking powder	2 Tbsp. milk
1 tsp. salt	1 cup vegetable oil
2 tsp. cinnamon	2 Tbsp. vanilla
4 cups flour	1 cup nuts (optional)
1-6 oz. package chocolate bits	

Mix all ingredients. Drop by teaspoonsful on greased cookie sheet and bake at 375° F. for 14 minutes. These cookies are very moist and very good. This recipe makes a big batch.

Audrey Mitchell

"I believe the subject of cooking should be taught to all age groups. It's healthwise, very demanding, and a challenge."

Hobbies: Crocheting and all crafts

COCONUT SWEETMEATS

$\frac{1}{4}$ cup powdered sugar	$\frac{1}{8}$ tsp. salt
2 Tbsp. flour	1 tsp. vanilla
$1\frac{1}{4}$ cups shredded coconut	1 egg white, stiffly beaten

In a mixing bowl mix together the powdered sugar, flour, shredded coconut, salt, and vanilla. Fold in egg white and mix thoroughly. Drop the coconut mixture by teaspoonsful on a greased and floured baking sheet. Bake at 375° F. for 20 minutes or until slightly browned. Remove from pan immediately. Makes about 14 cookies.

Agnes Ellis

RAISIN DROP COOKIES

2 cups raisins
 1 cup water
 1 tsp. baking soda
 1 cup shortening
 2 tsp. salt
 $\frac{1}{2}$ tsp. cinnamon
 $\frac{1}{4}$ tsp. each nutmeg and allspice
 2 cups sugar

3 eggs, well beaten
 1 tsp. vanilla
 4 cups sifted flour
 1 tsp. baking powder
 1 cup chopped walnuts

Combine raisins and water in a saucepan and boil 5 minutes. There should be $\frac{1}{2}$ cup liquid left. Cool, then add soda. Blend shortening with salt and spices; gradually add sugar, creaming thoroughly. Add eggs, vanilla, and cooled raisin soda mixture. Add flour sifted with baking powder, mixing well. Stir in nuts. Chill dough until stiff; drop by rounded teaspoonsful on greased cookie sheets and bake at 400° F. for 10-12 minutes. Makes about 6 dozen.

Winifred Oden

Sewing, fishing.

SCOTCHAROOS

1 cup sugar
 1 cup white corn syrup
 1 cup peanut butter
 6 cups Rice Krispies

1-6 oz. pkg. chocolate chips
 1-6 oz. pkg. butterscotch chips

Bring sugar and syrup to boil in a saucepan over medium heat. Take pan off heat and add peanut butter, mix well; then add Rice Krispies. Press in a buttered 9" X 13" pan; refrigerate until solid.

Melt together chocolate and butterscotch chips in a saucepan and spread over the solid crispy mixture. Refrigerate again until hard. It is best to let the pan set out awhile to soften before cutting into pieces. Makes about 36 squares.

Dee Tejcka

Gardening.

CHOCOLATE CHIP COOKIES

1 $\frac{1}{2}$ cups shortening
 $\frac{3}{4}$ cup sugar
 $1\frac{1}{2}$ cups brown sugar
 $1\frac{1}{2}$ tsp. vanilla
 3 eggs, beaten
 $3\frac{1}{3}$ cups sifted flour
 $1\frac{1}{2}$ tsp. baking soda
 $1\frac{1}{2}$ tsp. salt

Preheat oven to 375° F. In a bowl cream shortening, sugars, and vanilla. Blend in eggs. Sift together flour, baking soda, and salt. Add dry ingredients and blend well. Add chocolate chips. Drop by teaspoonsful onto greased cookie sheet. Bake for 10 minutes. Makes 3 dozen cookies.

Gary Montgomery

"Cooking takes time and patience."

Hobbies: Baseball, basketball, backpacking, photography

DOUBLE FUDGE BROWNIES

1 $\frac{1}{2}$ cups sugar
 $2\frac{1}{3}$ cup butter
 $\frac{1}{4}$ cup water
 1-12 oz. pkg. real chocolate chips
 2 tsp. vanilla extract
 4 eggs
 $1\frac{1}{2}$ cups flour
 1 cup chopped walnuts

Preheat oven to 325° F. In a small saucepan, combine, sugar, butter, and water; bring just to boiling. Remove from heat. Add chocolate chips and vanilla; stir until chocolate melts. Transfer chocolate mixture to large bowl. Beat in eggs, one at a time. In a small bowl, combine flour and chocolate batter; blend in nuts. Spread in a greased 13" x 9" baking pan and bake 50 minutes. Cool and cut into $1\frac{1}{2}$ inch squares. Makes 4 dozen.

Ida Cavin

FUDGY-NUTTY NO-BAKE COOKIES

Part I

2 cups sugar
3 Tbsp. cocoa
1 cube butter or margarine
Dash of salt

Part II

$\frac{1}{2}$ cup chunky peanut butter
1 tsp. vanilla

Part III

3 cups oatmeal
1 cup coconut

Mix all ingredients in part I in saucepan. Bring to boil, stirring constantly; boil 2 minutes, no longer. Remove from heat. Stir in ingredients in part II; mix well. Stir in ingredients in part III. Then quickly drop by teaspoonsful onto waxed paper. Add peanuts to part III if you're really a nut lover. Makes about 3 dozen.

Frances A. Dillard

"If you put away food as soon as you're through with it all will be easier and neater."

ROCKY ROAD COOKIES

$\frac{1}{2}$ cup margarine	$\frac{3}{4}$ tsp. salt
2/3 cup brown sugar	1 tsp. instant coffee or Pero
1 beaten egg	1/3 cup milk
$\frac{1}{2}$ cup semi-sweet morsels, melted	1 package regular marshmallows
$\frac{1}{2}$ cup chopped walnuts	36 walnut halves
1 tsp. vanilla	
1 $\frac{1}{2}$ cups sifted flour	
$\frac{1}{2}$ tsp. baking soda	

Cream margarine, sugar, and vanilla until fluffy. Beat in egg; add melted chocolate and walnuts, mix well. Sift flour with baking soda, salt, and coffee. Add to creamed mixture along with milk. Stir until well blended. Drop by rounded teaspoonsful onto greased cookie sheets. Bake at 350° 10 minutes or until cookies test done. Do not over bake. Cut marshmallows in half. As soon as cookies are baked, top each with a marshmallow half and return to oven for 1 minute to set marshmallows. Remove cookies to wire rack. Top each marshmallow with a walnut half. Let cookies cool then place on wax paper. Spoon chocolate frosting over each then let stand until set. Makes 2-3 dozen cookies.

CHOCOLATE FROSTING

$\frac{1}{4}$ cup margarine
1/3 cup milk
$\frac{1}{2}$ cup (3 oz.) semi-sweet chocolate Morsels
1 tsp. vanilla
2 $\frac{1}{2}$ cups sifted powdered sugar

Combine margarine, milk, and chocolate in top of double boiler. Place over hot water until melted and smooth, stirring occasionally. Add vanilla and beat in powdered sugar until smooth. Spoon warm frosting over cooled cookies.

Connie Irwin

1½ cups brown sugar	1 tsp. salt
1½ cups white sugar	2 tsp. baking soda
1½ cups melted shortening, cooled	1½ tsp. cinnamon
3 eggs, slightly beaten	1½ cups chopped nuts
4 cups flour	2 tsp. vanilla

In a large bowl, mix sugar with cooled melted shortening. Beat in eggs, one at a time. In another bowl sift together flour, salt, baking soda, and cinnamon. Add dry sifted ingredients to sugar, shortening and egg mix. Stir well and add nuts and vanilla. Work with your hands into a smooth dough. Make into rolls about 2" around and 12" long; wrap in waxed paper. Refrigerate at least 2 hours or overnight. When ready, cut in slices $\frac{1}{4}$ " thick. Place on an ungreased cookie sheet. Preheat oven to 400° F. and bake 10 minutes. Makes a big batch!

Edith Sheppard

CHOCOLATE PEANUT COOKIES

Chocolate Dough

1 cup flour
 $\frac{3}{4}$ -c. sugar
1 tsp. salt
 $\frac{1}{2}$ cup shortening
1 egg
2 oz. unsweetened chocolate
1 tsp. vanilla

Peanut Butter Dough

2 Tbsp. flour
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{4}$ cup creamy peanut butter
2 Tbsp. butter, softened

Combine all ingredients for Chocolate Dough; blend well with mixer and set aside. In another bowl combine all ingredients for Peanut Butter Dough; blend well with mixer. DO NOT MIX THE TWO DOUGHS TOGETHER! Drop onto ungreased cookie sheet a teaspoon of chocolate dough, then a scant $\frac{1}{2}$ tsp. of peanut butter dough. Dip a fork into flour and press on cookie creating a criss-cross design. Bake in a preheated oven at 325° F. for 12-15 minutes. Cool 1 minute and then remove quickly from cookie sheet. Makes about 30 cookies.

Mary Casey

Hobbies: Sewing, taking care of Shaun

DESSERTS



FOUR LAYER DELIGHT

First Layer

1 cup flour
 $\frac{1}{2}$ cup margarine
 $\frac{1}{2}$ cup pecans

Melt margarine; add flour and pecans. Mix well. Pour into a 13x9x2 inch pan. Spread evenly in pan. Bake at 375° F. for 15 minutes. Cool.

Second Layer

1-8 oz. pkg. cream cheese
1 cup powdered sugar
1 cup Cool Whip

Cream cream cheese softened with powdered sugar and add Cool Whip. Mix and spread over first layer; chill.

Third Layer

2 pkg. instant chocolate pudding or any flavor desired
3 cups milk

Mix pudding with milk and blend 2 minutes. Pour over chilled layer.

Fourth Layer

1 cup Cool Whip
 $\frac{1}{2}$ cup chopped pecans

Spread Cool Whip on top of the third layer. Sprinkle pecans on top. Chill several hours before serving. Serves 8-10.

Blanche Campbell

"I just cook when it's time."

MOM HOWELL'S BREAD PUDDING

6 eggs
1 cup sugar
6 cups milk
3/4-tsp. lemon or vanilla extract
Bread enough to fill a loaf pan half-full

Preheat oven to 350° F. In a bowl blend the first four ingredients until well-mixed. Tear fresh or dry bread into a 9" x 12" loaf pan until it is half-full. Pour blended mixture over bread and mix with a fork. Bake about 45 minutes. It is done when middle rises and it will fall as it cools. Serves 6.

Diana Howell

"I try to keep each dinner interesting and not to get into a rut with the same thing week after week."

Hobbies: Hunting, sewing, reading

BLACK AND WHITE DESSERT

$\frac{1}{2}$ cup margarine	1 cup Cool Whip
1 cup flour	1-3 oz. pkg. instant chocolate pudding
1 cup chopped nuts	1-3 oz. pkg. instant vanilla pudding
1-3 oz. pkg. cream cheese	2 cups milk
1 cup powdered sugar	1 cup Cool Whip (for topping)
1 tsp. vanilla	1 Hershey candy bar

Crust: Mix margarine, flour, and nuts; press into a 13x9x2-inch pan. Bake at 350° F. for 20 minutes. Let it cool!

Filling: Cream the cream cheese with powdered sugar and vanilla. Add Cool Whip and spread on top of crust. Mix together chocolate pudding, 1 cup milk, and $\frac{1}{2}$ tsp. vanilla. Make vanilla pudding the same way. First spread chocolate pudding on top of cream cheese, then spread on vanilla pudding. Top with Cool Whip. Grate a Hershey bar on top. Serves 12-14.

Darlene Wright

GOOD LEMON PIE

2 cups sugar
 $\frac{1}{4}$ cup cornstarch

3 cups water

5 egg yolks

Juice of 2 lemons and grated rinds

2-8" pie crusts

Prepare recipe for a double crust pie; prepare two pie shells as this recipe makes 2 pies. Bake the pie shells and let cool. Mix sugar and cornstarch; mix smooth with juice and beat thoroughly. Cook this mixture in a double boiler and stir until sugar is dissolved; then add rind and cook until clear; add a little butter and stir until melted. Pour filling into baked pie crusts and top with meringue. Bake at 350° F. about 5-10 minutes, until meringue is lightly brown.

Meringue-Using the highest speed of an electric mixer beat egg whites and cream of tartar until they are almost stiff. Add sugar slowly while continuing to beat until stiff peaks form.

Clara Edmondson

"I used to like cooking, but now it's too expensive!"

Hobby: Crocheting

PECAN PIE

1/3 cups margarine

$\frac{1}{2}$ cup brown sugar (packed solid)

$\frac{1}{2}$ cup milk

3 eggs

1 cup pecans (chopped coarse)

$\frac{1}{2}$ tsp. salt

1 cup corn syrup

$\frac{1}{2}$ tsp. vanilla

Cream margarine and sugar. Add remaining ingredients and blend. Pour into unbaked 9" pie shell. Bake in hot oven 400° F. for 10 minutes, then at 350° degrees for 25 minutes. Serves six.

Doc Bowen

"Eat out!!"

Snow mobiling, horseback riding.

STRAWBERRY GLAZE PIE

1 $\frac{1}{2}$ qt. fresh strawberries

1 9 inch baked pie shell

$\frac{1}{2}$ cup water

1 cup sugar

3 Tbsp. cornstarch

2 Tbsp. butter

Red food coloring

Wash, drain & hull strawberries. Place 1 quart of berries in pastry shell. Crush remaining berries; combine with water, sugar, cornstarch in a saucepan. Boil for 2 minutes or until clear. Add butter and enough red coloring to give a bright red color. Spoon glaze over whole berries, making sure that all berries are covered. Cool, cover with whipped cream before serving. Serves 8.

Bea Rohde

"Let your older daughters do it for you."

Hobby: Work

STRAWBERRY RHUBARB PIE

1 cup sugar
 2 Tbsp. quick-cooking tapioca
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{4}$ tsp. nutmeg
 $\frac{1}{4}$ cup orange juice
 3 cups rhubarb
 1 cup strawberries
 1 recipe Orange Pastry

Combine sugar, tapioca, salt, nutmeg, orange juice, and rhubarb. Place in a 9 inch pie pan lined with Orange Pastry; top with strawberries. Cut remaining top crust of pastry in shape of daisies and arrange on top. Bake in a hot oven, 400° F., 40 to 50 minutes.

ORANGE PASTRY

1 $\frac{1}{2}$ cups sifted flour
 $\frac{1}{2}$ tsp. salt
 2/3 cup shortening
 4-5 Tbsp. cold water
 1 Tbsp. grated orange peel

Blend shortening, flour and salt until the mixture resembles coarse cornmeal. Add orange peel and cold water. Stir with a fork and shape dough with your hands. Divide the dough and roll out half for bottom crust.

Twila Dyck

"Cooking never really interested me; there are other things I would rather do."

Hobby: Knitting

CHERRY DESSERT

1 large can crushed pineapple
 1 can cherry pie filling
 1 package yellow cake mix
 1 cup walnuts
 2 cubes (1 cup) butter or margarine

Empty crushed pineapple, then pie filling, into a 13 x 9 x 2 inch pan. Sprinkle dry cake mix on top. Add walnuts over this. Cut up margarine and lay on top. Bake at 350° F. for approximately 60 minutes. Serves 8-10.

Ellen Moore

Hobbies: Following B.F.H.S. ball teams and camping.

BOB'S FAVORITE DESSERT

1 angel food cake	1 quart sour cream
2 pkg. vanilla pudding, not instant	2 cans cherry pie filling

Crumble angel food cake into bottom of a 9" x 9" cake pan. Pieces should be bite-size. Cook pudding as per directions and pour while hot over cake pieces and mix a little. Spread cherry pie filling evenly over the top; do not mix it in. Spread sour cream evenly over the cherries; don't mix it with the cherries if you can avoid it. Cover with waxed paper and refrigerate. It can be served whenever cold, but it tastes much better after about 6 hours when the cherry juice mixes with the sour cream. Now hid it because you won't want to share it! Serves 6.

Bob Henderson

"Good food is worth whatever time it takes to prepare."

Hobbies: Women, wine, fast cars

CATHEDRAL CAKE

1 each grape, strawberry, lime, lemon, and raspberry (3oz.) gelatin desserts
 1 cup pineapple juice
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup cold water
 2 cups whipping cream or Dream Whip
 2 cups graham cracker crumbs
 3/4 cup butter

Mix graham cracker crumbs with butter and press into a 13 x 9 x 2" dish, saving a small amount to sprinkle over top.

One day ahead prepare each gelatin flavor, except lemon, separately using only 1-3/4 cups water per box. Pour each flavor individually into flat square pans, refrigerate until quite firm. The next day, mix pineapple juice, sugar, water, and lemon gelatin; set until syrupy. Fold whipped cream into the syrup mixture. Cut firm gelatin (molded the day before) into 1-inch cubes and fold into creamy mixture. Pour into graham cracker crust and sprinkle with remainder of cracker mixture. Chill 4 hours; then cut and serve. Serves 8.

Sheila Manske

Hobbies: Music, macrame

MOLLIE'S APPLE CRISP

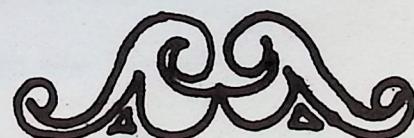
About 5-6 apples
 1 Tbsp. cinnamon
 2 cups flour
 2 cups brown sugar
 1 $\frac{1}{2}$ cubes (3/4 cup) butter

In a bowl, mix until crumbly: cinnamon, flour, brown sugar, and butter. Preheat oven to 350° F. Pare and slice apples to fill the bottom of a buttered 13x9x2-inch pan. Make a mixture of 1 tsp. cinnamon and $\frac{1}{4}$ cup sugar and pour over apples. Put crumbly mixture over it. Bake 30 minutes covered with foil and 30 minutes uncovered. Serves 8-10.

Linda Hoffman

"I like to cook good nutritional and well-balanced meals each day for my family."

Baking and sewing.



PINEAPPLE LEMON FLUFF

Step 1

1-3 pzs. pkg. lemon gelatin
 3/4 cup water
 3/4 cup pineapple juice
 1/8-tsp. salt

Step 2

1 lg. can evaporated milk, whipped
 1 can crushed pineapple, drained
 2 bananas
 1/2 cup mini marshmallows

Step 1: Mix step 1 ingredients in a saucepan. Heat until gelatin is well-dissolved; remove from heat and cool.

Step 2: Put evaporated milk in a bowl in freezer until ice crystals form. Whip until stiff. When step 1 ingredients are well cooled fold in step 2 ingredients.

Line a bowl with chocolate cookies; turn Pineapple Lemon Fluff into bowl. Chill in the refrigerator. Serves 8.

Clara Walch

"God grant me the serenity to accept the things I burn, the courage to do over the things I barely have time for, and the wisdom to set aside the recipes my family dislikes. But no matter what the recipe, sprinkle it generously with love."

Hobbies: Art, sewing.



STRAWBERRY SUPREME

1 cup flour
 1/4 cup packed Brown Sugar
 1/2 cup chopped walnuts
 1/2 cup butter, melted

2 egg whites
 3/4 cup granulated sugar
 1-10 oz. pkg. frozen strawberries, partially thawed
 2 tsp. lemon juice
 1 cup whipping cream or 14oz. dessert topping

In a bowl stir together flour, brown sugar, walnuts and butter. Spread evenly in a 13 x 9 x 2 inch pan. Bake in 350° F, oven for 20 minutes; stir occasionally. Remove from oven to cool; remove 1/3 mixture. Spread remaining 2/3 evenly over pan.

In large mixing bowl, combine egg whites, sugar, berries and lemon juice; beat at low speed about 2 minutes until mixture thickens. Then beat at high speed about 10 minutes until stiff peaks form. Fold in whipping cream or whipped topping. Spoon over mixture in pan. Top with reserved crumbs. Freeze six hours or overnight. Let soften before serving, cut into squares. Garnish with more berries if desired. Serves 12-15.

Zelda Edmondson

"If it looks good it will taste good."

Hobbies: Collecting stamps and traveling.

WANDA'S CHEESECAKE RECIPE

CRUST

2 cups (30) crushed graham crackers
 ½ cup (1 cube) melted margarine
 1 Tbsp. sugar

Combine all ingredients in a bowl and mix with a fork. Press into a pie pan. Save some of the crumb mixture to sprinkle over the top.

FILLING

1-3 oz. pkg. gelatin, any flavor
 1 cup hot water
 1-8 oz. pkg. cream cheese
 1 cup sugar
 1-13 oz. can evaporated milk

Dissolve the gelatin in the hot water in blender. Blend in the cheese and then the sugar. When well-blended place in a large bowl and set mixture in the freezer about one hour or until partially set.

Place evaporated milk in a bowl in the freezer until ice crystals form. Remove it and whip at high speed until stiff peaks form. Fold together cream cheese mixture with whipped milk. Pour into crust and top with remaining crumbs. Refrigerate several hours before serving.

Wanda Sinclair

"Make everything from scratch. If food preparation took more than half an hour it wasn't worth it."

Russell says, "Every home should have a microwave, a dishwasher, and a good doggie to clean up the scraps."

Hobbies: Studying nutrition, biochemistry of human body, cosmetology, oil painting, piano.

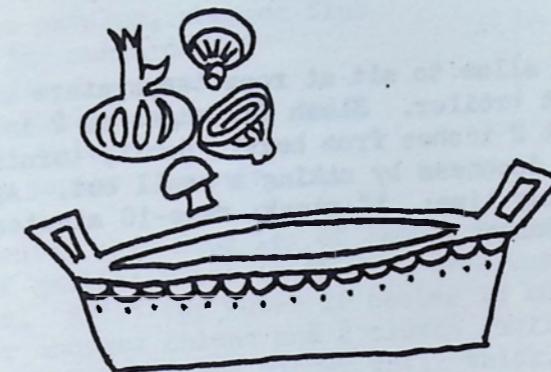
1 can sweetened condensed milk
 1-6 oz. can frozen lemonade, thawed but icy
 1 medium container Cool Whip

Mix ingredients together with a spoon. Pour into a graham cracker crust or baked pie shell. Chill in the refrigerator several hours until set. Serves 6.

Karen Capello

"I like to cook whatever is easy."

Hobby: Collecting postcards



MAIN DISHES

BROILED SIRLOIN STEAK

1" sirloin steak (approximately 2 lbs.)
 Garlic salt
 Pepper

Season steak and allow to sit at room temperature at least 30 minutes. Heat broiler. Slash fat edges at 2 inch intervals. Place meat 2 inches from heat. Broil, turning only once. Check for doneness by making a small cut. Approximate total broiling time: 1" steak; rare-10 minutes, medium-15 minutes. Serves 2.

Leon Todd

"Cook and eat meat and potatoes."

Hobbies: Boating, and 4-wheel driving.

BULGOGIE

3 small spring onions or 1-2 large
 $\frac{1}{4}$ cup soy sauce
 $1\frac{1}{4}$ heaping tsp. pepper
 $\frac{1}{2}$ tsp. sesame seed oil
 1 clove garlic
 2 Tbsp. sugar
 1 lb. sliced beef

Make a marinade of all the ingredients above. Cut beef into long, thin strips. Marinate meat in refrigerator 1-2 hours or longer. Add meat and marinade to skillet; cook until meat is cooked. This is great served on top of rice, but it may be eaten without rice too. Serves 4.

Connie Hutson

Hobbies: Sailing, jogging, swimming, riding horses, Shakespeare.

LAMB ROAST

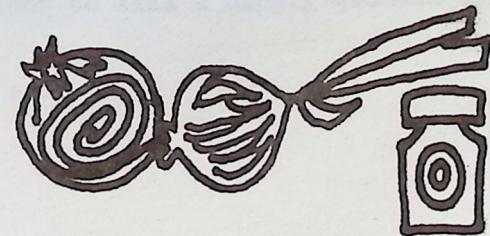
2 to 3 lb. leg of lamb
 2 bunches parsley, chopped fine
 1 small jar mustard
 2 large diced onions
 3 cloves garlic or garlic salt
 1 cup hot water
 Salt and pepper to taste

Remove outer skin from leg of lamb. Stuff with one slivered clove of garlic; roast in 350° F. oven until half done, about 1½ hours. Add 1 cup water if cooked in roaster pan. Brown diced or chopped onions and 2 cloves garlic. Add chopped parsley, mustard, hot water and simmer until thick. Put over leg of lamb and cook until lamb is done, about 1 hour. Add peeled potatoes the last 30-35 minutes of cooking or you may cook rice. Makes 6-8 servings.

Alice Hunt

"Meals should be well prepared, nourishing, and simple."

Hobbies: Rockhunting and lapidary.



4 veal steaks, $\frac{1}{4}$ " thick (pounded out)
 $\frac{1}{2}$ cup butter, clarified is best
1 lb. fresh sliced mushrooms
1 medium onion, finely diced
1 cup white wine
 $\frac{1}{4}$ cup flour
Salt to taste
 $\frac{1}{4}$ tsp. pepper to taste
 $\frac{1}{2}$ tsp. garlic salt
2 lemons

Flour steaks; season with salt, pepper, and garlic salt to taste. Brown in butter in a skillet over medium heat. Remove steaks and place in a casserole dish. Sauté onions and mushrooms on medium heat; add wine. Add warm wine mixture to steaks. Bake 40 minutes at 350° F. Remove from oven and cover with lemon juice to taste. Serve with lemon wedge. This is great served with wild rice.

Elaine Ledbetter

"Food should be simple to make, but should look and taste delicious."
Hiking, sailing.

2 lbs. lean venison	3 slices lean bacon
2 lbs. cured ham	2 cups clear beef consomme
2 green peppers, diced	2 pkg. unflavored gelatin
2 onions, diced	$\frac{1}{2}$ cup Sherry wine
2 stalks celery, diced	1 Tbsp. Mexican sauce
2 Tbsp. minced parsley	2 Tbsp. minced parsley
2 generous pinches salt, pepper	
1 egg, whipped	Pastry for a 2 crust pie

Combine green peppers, onions, and celery in a bowl; add 2 Tbsp. minced parsley, salt, and pepper. Blend thoroughly. Cut venison and ham into small pieces.

Cover a 3 quart baking dish with pastry rolled 1/8-inch thick. Cover only the bottom of the dish with pastry and brush the sides with whipped egg. Roll a long strip of pastry-enough to go above the sides or rim. Layer in the venison, ham, and chopped vegetables in that order until dish is filled. Place bacon strips, spoke fashion, on the top.

Pour over the filling a blend of consomme, gelatin, wine and Mexican sauce which have been mixed together. Roll top crust and cut a cork in center. Cover pie with top crust and replace cork; seal it with whipped egg. Heat oven to 350° F. and bake 45 minutes. After baking, place in refrigerator to chill and gel. This is very good for a summertime treat.

Dorothy Sutton

"There should be enough food to fill a hungry stomach and still be nutritious and lasting."

Anything that looks like fun.

FRANK'S BEEF & GREEN PEPPER DELIGHT

1 lb. flank or round steak	$\frac{1}{4}$ tsp. ginger
1 medium onion, chopped	2 tsp. soy sauce
1 med. clove garlic, crushed	$\frac{1}{4}$ cup water
1 large green pepper, cut in $\frac{1}{2}$ inch strips	2 Tbsp. corn starch
1-8 oz. can water chestnuts, sliced	
1-4 oz. can mushrooms or fresh sliced	
1 can beef boullion or 2 cubes	
1 $\frac{1}{2}$ cups water	

Slice steak cross grain in very thin strips. Lightly brown in small amount of oil or shortening in a skillet. Add crushed garlic and chopped onion; saute until onion is transparent. Add beef broth, ginger, water chestnuts, mushrooms, and green peppers. Cover, bring to boil; then simmer for 30 minutes. Thicken with paste of soy sauce, water and corn starch, stirring constantly while adding to meat mixture. Continue cooking 5 minutes. Serve with rice or noodles. Serves 4.

Frank C. Fernandez

"Marry a girl who is a good cook."

Ham radio, restoring antique vehicles, experimenting, fishing, steam-boating.



MEAT TURNOVERS

$\frac{1}{2}$ lb. ground beef	$\frac{1}{4}$ tsp. garlic salt
$\frac{1}{4}$ cup chopped onion	$\frac{1}{2}$ cup catsup
2 Tbsp. Bisquick baking mix	2 Tbsp. sour cream
$\frac{1}{2}$ tsp. salt	$1\frac{1}{2}$ cups Bisquick baking mix
$\frac{1}{2}$ tsp. M.S.G.	$\frac{1}{3}$ cups water

1. Cook and stir ground beef and onions until brown and onions are tender. Stir in 2 Tbsp. baking mix, salt, M.S.G., garlic salt, catsup and sour cream. Heat through.
2. Stir $1\frac{1}{2}$ cups baking mix and water to a soft dough. Gently smooth dough into a ball on floured board; knead 5 times.
3. Roll dough into 12 inch squares; cut into 4-6 inch squares. Place squares on ungreased baking sheet; spoon $\frac{1}{3}$ cup meat mixture on each. Fold dough over to make triangles and press edges together to seal securely. Cut slits in center of each turnover.
4. Bake 15-20 minutes at 400° F. Serve with spicy chili sauce or heat can of undiluted mushroom soup and add dash of Worcestershire sauce.

Aileen Burg

STUFFED HAMBURGERS

2 lbs. hamburger	1 small can mushrooms
2 stalks celery, diced	$\frac{1}{2}$ green pepper, diced
$\frac{1}{2}$ medium onion, diced	Grated cheese

Divide hamburger into small patties. Roll out fairly thin, yet still be able to handle it. Put a small amount of each ingredient on each patty and top with another patty. Seal edges together. Repeat until all hamburger is prepared. Fry on both sides over medium heat until meat is done. Serves 4-6.

Linda Holm

"I like to prepare foods which are quick and easy."

Hobby: Crocheting

GRANDMA'S MINCE PIE "RECEIPT"

2 bowls ground venison or beef, cooked	1 bowl raisins
2 bowls cider	2 bowls sugar
3 bowls chopped apples	Salt, spices, and vinegar to taste
1 bowl ground beef suet	

In a large kettle mix all ingredients together; bring to a gentle boil and cook until the apples are tender; stir often. Can in quart jars and store in a cool place or cool cellar. Fill double crust pie and bake until bubbly and crust is brown. Serve hot or warm. Emogene says, "This receipt is well over 100 years old. I make it every year and we both love it."

Emogene Abbott

"Let your girls help cook when they are very young, even though it would be easier for you to do it alone. Then your girls will always love to cook."

Hobbies: Cooking, hooking, flowers

MONTANA STEW

1 lb. stew meat	2 cans golden cream of mushroom soup
3-4 carrots	1 can water
3-4 stalks celery	Salt and pepper to taste
3-4 potatoes	Dash garlic salt
1 onion, sliced	Dash worcestershire sauce
2 Tbsp. tapioca	
2 Tbsp. sugar	

Pan braise stew meat in a large kettle. Meanwhile cut vegetables as desired. Add all ingredients to the kettle and simmer, covered, for 5 hours.

Carl Elliott

"In cooking, the sky is the limit."

Hobbies: "My hobby has become not cooking!"

OLD FASHIONED STUFFED CABBAGE

1 medium cabbage	Dash pepper
1 lb. ground beef	1/2 cup cream
3/4 cup coarse bread crumbs	1 Tbsp. butter
1 Tbsp. instant minced onions	1/2 cup water
1 tsp. salt	

Cut top off cabbage and hollow out cabbage so that sides are about 3/4 inch thick. Place cabbage in a large saucepan with 1 inch slightly salted water. Cover and bring to a boil. Lower heat and simmer 25-30 minutes, or until cabbage is tender. Meanwhile, combine beef, crumbs, onion, salt, pepper, and cream. Shape into 2 inch balls. Melt butter in a large skillet; add meat balls and brown lightly. Add water; cover and cook over low heat 20 minutes. Stuff cabbage with meat balls. If desired, serve with gravy made from drippings in skillet, whole cooked carrots, and potatoes.

Ruth Capello

"Cook foods that are good and nutritious."

Hobbies: Cooking and crocheting.

STUFFED CABBAGE ROLLS
(POLISH TORPEDOES)

12 large cabbage leaves	1 lb. lean ground beef
1 beaten egg	1 cup cooked rice
$\frac{1}{4}$ cup milk	1-#303 can tomato sauce
$\frac{1}{4}$ cup finely chopped onions	1 Tbsp. brown sugar
1 tsp. salt	1 Tbsp. lemon juice
$\frac{1}{4}$ tsp. pepper	1 tsp. Worcestershire sauce

Immerse cabbage leaves in large kettle of boiling water for about 3 minutes or until limp; drain. Combine egg, milk, onion, salt, pepper, beef, and cooked rice. Place about $\frac{1}{4}$ cup meat mixture in center of each leaf; fold in sides and roll ends over meat. Place in crock-pot. Combine tomato sauce with brown sugar, lemon juice, and Worcestershire sauce. Pour over cabbage rolls. Cover and cook on low 7-9 hours.

Serves 6

Richard Sharp

"If it tastes good - eat it!"

Water skiing, hiking, reading, skiing, and traveling.

CHICKEN SALAD BAKE

2 cups cubed cooked chicken
2 cups sliced celery
3/4 cup mayonnaise
1/3 cup almonds or cashews
2 tsp. grated onions
$\frac{1}{2}$ tsp. salt
2 Tbsp. lemon juice
Dash nutmeg
$\frac{1}{2}$ cup shredded cheddar cheese
1 cup crushed potato chips

Combine all ingredients except chips and cheeses. Pile lightly in $1\frac{1}{2}$ qt. greased shallow casserole dish. Sprinkle with cheese. Cover with potato chips. Bake in hot oven 425° F. for 20 minutes until heated through or until chips begin to brown. Garnish with olives and parsley (optional)

Boil chicken in oregano, thyme, bay leaf, onion, celery, garlic.
Serves 6.

Barbara Patridge

"Be adventuresome - willing to try all new foods; you may like them!"

Hobbies: Art and craft projects

WEIGHT WATCHERS BARBECUED CHICKEN

2 chickens, cup up
 1 can (1-6 oz.) tomato juice
 3 Tbsp. vinegar
 2 Tbsp. dehydrated onion flakes
 2 Tbsp. prepared mustard
 1 Tbsp. lemon juice
 1 Tbsp. Worcestershire sauce
 $\frac{1}{2}$ tsp. garlic powder and $\frac{1}{2}$ teaspoon barbecue spice
 3 Tbsp. brown sugar replacement

Oven fry chicken for 45 minutes at 400° F.

Combine the rest of the ingredients in a saucepan. Heat over medium heat until reduced to half its volume. Stir occasionally.

Transfer chicken to crockpot, pour the sauce over and cook on low for about 4 hours. Serve over rice.

Good served with cooked carrots and green beans or a green salad. Serves 8.

Martha Youngblood

"A recipe can't be too difficult; it should be fun. Most of all, it has to taste good!"

Hobby: Sewing.

SALMON PATTIES

1-#303 can salmon
 Cracker crumbs to make salmon kind of dry
 1 egg
 1 chopped onion
 Salt and pepper to taste

Mix all ingredients together and shape into patties. Fry them in oil. Serves 4.

Don Sweeney

"Fat well and get fat!"

Hobby: Fishing.

SCAMPI

1/3-cup olive oil
 1 tsp. salt
 Dash pepper
 3 pressed cloves garlic

$\frac{1}{2}$ cup white wine
 1 lb. raw prawns
 1 Tbsp. lemon juice
 2 Tbsp. fresh minced parsley

In a skillet, heat oil, salt, pepper, and garlic, until the garlic browns. Add lemon juice, wine, and prawns; cook over low heat for 15 minutes. Serve in soup bowls; sprinkle parsley over top. Serve with crusty French bread and butter for dunking. Serves 2.

Betty Craven

"Try anything that sounds good! If you can read the recipe you can cook."

"My hobby right now is Ryan, age two."

TUNA CASSEROLE

2 large cans tuna
 2 Tbsp. mayonnaise
 1 tsp. milk
 $1\frac{1}{2}$ cups cooked peas
 $\frac{1}{2}$ -1 cup shredded cheese
 Small bowl potato chips

Preheat oven to 350° F. Mix tuna, mayonnaise, milk, and peas in a dish. Put this mixture into a greased casserole dish. Sprinkle cheese on top and add crushed potatoe chips. Bake 30-45 minutes. Serves 6-8

Ann Keltz

Hobbies: Snow skiing, dancing.

TUNA ORIENTAL

1 6 oz. can tuna
 1 cup frozen oriental vegetables
 1 tsp. butter
 1 tsp. soy sauce or Worcestershire sauce
 $\frac{1}{2}$ cup Minute Rice

Saute tuna and butter in frying pan until warm. Add rice with a small amount of water; cover, cook until tender. Add frozen vegetables; cook until tender. Add soy sauce or Worcestershire sauce. Stir and serve. Serves 2.

Raygina Sizemore

"I love to cook; I hate to clean."

Hobbies: Willy and Rachel, volleyball, softball, sewing, and gardening.

BAKED MACARONI AND CHEESE

1-8 oz. pkg. elbow macaroni	1/8-tsp. pepper
$\frac{1}{4}$ cup butter or margarine	2 cups milk
$\frac{1}{4}$ cup flour	2 cups (8 oz.) cheddar cheese, grated
1 tsp. salt	1 large tomato, thickly sliced

Preheat oven to 375° F. Cook macaroni as package label directs; drain. Meanwhile, melt butter in medium saucepan. Remove from heat; stir in flour, salt, and pepper until smooth. Gradually stir in milk. Bring to boiling, stirring. Reduce heat and simmer mixture one minute. Remove from heat. Stir in $1\frac{1}{2}$ cups cheese and the macaroni. Pour into a $1\frac{1}{2}$ quart shallow casserole dish. Arrange tomato slices over the top. Sprinkle remaining cheese on top. Bake 15 minutes, or until cheese is golden brown. Serves 4-6.

Gail Bowen

"Anything can get well done."

"My hobby is taking care of Johnny Mac."

BUCKAROO BEANS

2 cups (1 lb.) dried pinto beans	1 can whole tomatoes, approximately 2 cups
6 cups water	$\frac{1}{2}$ cup green pepper
2 medium sized onions - sliced thin	2 tsp. brown sugar
2 large cloves garlic	2 tsp. chili powder
1 small bay leaf	$\frac{1}{2}$ tsp. dry mustard
1 tsp. salt	$\frac{1}{4}$ tsp. Oregano or Cumin
$\frac{1}{2}$ lb. Salt Pork (bacon or ham)	

Boil water, gradually add beans so boiling doesn't stop; boil 2 minutes and remove from heat. Set aside, covered, for 1 hour or you may soak beans overnight.

Stir in onion, garlic, bay leaf and salt. Wash Salt Pork thoroughly - cube meat and add; to prevent foaming add 1 tsp. butter. Bring rapidly to boil. Cover pot and cook slowly $1\frac{1}{2}$ hours.

Stir in tomatoes, green pepper, and a mixture of last 4 ingredients. Bring rapidly to boil; add salt and pepper to taste. Cover and let simmer 6 hours or longer. Remove cover last hour of cooking. Stir occasionally. Serves 12.

Lynne Haley

"Good wholesome old-fashioned, homemade (start from 'scratch') cooking is the only way."

Hobbies: Gardening, leather tooling, and painting.

OREGON BAKED BEANS

1 onion	8 cups cooked kidney beans
1 tart apple	1 cup brown sugar
1 diced green pepper	Salt and pepper to taste
$\frac{1}{2}$ tsp. curry powder	
1 quart tomatoes, drained	

Put all ingredients in a kettle and bring to boil. Cool and let stand overnight. Bake at 350° F. for 2-3 hours. Top with Parmesan cheese. Serves 10.

Janice Waltz

"Eat organic fresh-processed foods as much as possible."

Hobbies: Backpacking and sewing.

TEXAS HOMINY

6-8 slices bacon
 1 #2½ can hominy
 1 cup onion rings
 2 cups canned tomatoes
 6 Tbsp. flour
 1tsp. salt
 1 tsp. chili powder
 ½ cup bacon grease
 1 cup shredded Cheddar or American cheese

Fry bacon, drain, and set aside. Drain hominy and put into a large bowl with onion rings. Make a paste of the tomato juice, flour, salt, and chili powder. Add the paste to the hominy and onions. Stir ingredients and bacon grease until well-mixed. Pour into a flat casserole dish. Top with bacon strips and cheese. Bake at 350° F. for 45 minutes. Serves 4-6.

Naomi Fredenburg

"If you lack a recipe dream up something good to use with the foods at hand, especially for leftovers or desserts. What's a small failure now and then?"

Hobbies: Gardening, reading, photography, sketching, hiking.

1 lb. hamburger
 1 pkg. corn tortillas
 2 cans chili con carne
 1 can kidney beans
 1 large onion, diced

1 head lettuce, chopped
 1 lb. grated Cheddar cheese
 1 jar Mexican salsa

Brown hamburger and onion in a deep skillet. Add chili con carne and kidney beans; simmer 20 - 25 minutes. Steam tortillas. On a tortilla, place hamburger chili mixture. Cover with lettuce, onions, cover with cheese. Season to taste with salsa. Serves 6.

Walter Wattenburger, Jr.

"Keep it simple."

Hobbies: Hunting, fishing.

CHINESE CHICKEN

2-3 cups diced chicken
 4 cups diced celery
 1 can water chestnuts, drained and sliced
 1 small jar pimiento, including juice
 $\frac{1}{2}$ cup cream of chicken soup

Combine all ingredients in a skillet and cook over medium heat for 30 minutes. Serve hot over rice, potatoes, or noodles.

Patsy Kee

"I try to buy the most nourishing food at the lowest cost and cook it in the best way so as not to lose the nutrients."

Hobbies: Knitting, sewing, crocheting, gardening.

CHINESE SOY NOODLES

2 pork steaks, cut in cubes
 1 onion, diced
 2 chicken bouillon cubes
 2 cups hot water
 $\frac{1}{4}$ cup soy sauce

Fry pork steak cubes in large skillet until browned; drain off fat. Add onion, bouillon cubes, dissolved in the hot water, and soy sauce. Simmer 45 minutes. Cook the Chinese noodles according to package directions. Pour the pork and onion mixture over noodles and simmer until soy sauce is soaked up by the noodles. Garnish to taste with sliced green onions, including tops.

Barbara Stanton

"I like to cook anything that is easy."

Hobbies: Fishing and hunting

MOCK CHOW MEIN

1 cup brown rice
 2 cups water
 $\frac{1}{2}$ cup soy sauce
 8-10 stalks celery
 1 medium onion
 1 large green pepper
 $\frac{1}{2}$ lb. bean sprouts
 1 small can water chestnuts
 $\frac{1}{2}$ lb. fresh or canned mushrooms
 2 cans cream of mushroom soup
 1 tsp. summer savory spice
 $1-1\frac{1}{2}$ lbs. hamburger

1. Add rice to slightly salted boiling water and steam until rice is almost tender, about 30 minutes.
2. Brown and crumble hamburger.
3. Chop celery, green pepper, and onion to desired size and steam in a small amount of water for a few minutes; don't overcook.
4. Spread partially cooked rice in the bottom of a greased 13x9x2 inch pan.
5. Add browned hamburger and spread evenly over rice.
6. Add blanched vegetables along with bean sprouts, water chestnuts, and mushrooms.
7. Pour evenly the soy sauce over this whole mess and sprinkle summer savory evenly.
8. Spread undiluted cream of mushroom soup over the top.
 $($ Hopefully this will all fit in your pan. $)$
9. Bake at 350° F. for about 30 minutes until heated.
10. Serves 10-12.

Don Walden

"All's fair in love, war, and cooking. Most recipes are merely starting points from which creativity begins its dastardly deeds."

Hobbies: Macrame, decoupage, hiking

FRIED RICE USING LEFTOVERS

1 cup uncooked rice
 1 medium onion, diced
 2-4 strips bacon (optional)
 2 Tbsp. butter
 1 diced green pepper
 2-4 stalks sliced celery
 Diced leftover beef, pork, chicken, or shrimp
 2 beaten eggs

Slice bacon and saute with onion, green pepper, and celery. Add leftover meat; cover and cook on low heat for 10 minutes. Remove lid and push vegetables and meat to side of the skillet. Pour in beaten eggs; let them set a minute and then scramble the eggs into the rest of the vegetable-meat mixture. Cook until eggs are scrambled. Add rice, stir well, and saute for 3 minutes. If desired stir in soy sauce and pepper to taste. Add $1\frac{1}{2}$ cups water and stir with a fork. Bring to a boil; cover, turn to lowest heat and let steam about 20 minutes. Return to medium heat to slightly brown rice mixture, being careful not to burn it. Stir until a good portion of the rice mixture is brown and slightly crunchy.

Variation: Use any amount of leftover cooked rice. Reduce water to about $\frac{1}{2}$ cup and cook over low heat until warmed through.

Karen Huey

"I very rarely use a recipe or a cookbook, if so then only for ideas. I like this recipe because it makes use of leftover food and still is an entirely different dish."

PIZZA

DOUGH
 1 pkg. active dry yeast
 1-3/4 cups warm water
 6-6 $\frac{1}{2}$ cups flour

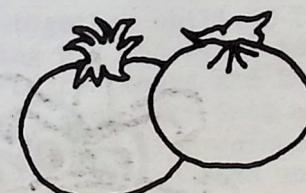
TOPPING
 3 cups tomato sauce
 Oregano to taste
 Garlic salt to taste
 Grated parmesan cheese to taste
 Chopped onion and green pepper
 1 lb. hamburger, pepperoni, or sausage
 2 cups grated Mozzarella or Jack cheese

DOUGH: Dissolve yeast in warm water (110-115°). Gradually add flour to make dough. A soft dough will yield a soft crust; for a hard thin crust add more flour to make a stiff dough. Knead on a lightly floured board. Place dough in a greased bowl. Turn greased dough up. Cover and let rise until double, about 1 $\frac{1}{2}$ -2 hours. Spread on 2 greased pizza pans.

Top with topping ingredients listed above. Season to taste. Bake at 425° F. about 25 minutes. Makes 12 pieces. Serves 4-6.

Rena Schuck

Hobbies: Sewing, reading.



STUFFED ZUCCHINI

$\frac{1}{2}$ cup chopped onions	$\frac{1}{2}$ lb. ground beef
1 medium garlic clove, minced	2 Tbsp. fine, dry bread crumbs
$\frac{1}{2}$ tsp. oregano leaves, crushed	$\frac{1}{2}$ tsp. salt
2 Tbsp. butter or margarine	2 slices processed American cheese cut into strips
1 can tomato soup	
2 medium zucchini (1 lb.)	

In a small saucepan, cook onions with garlic and oregano in butter until tender; stir in soup. Cut lengthwise, slice from top of zucchini and discard. Scoop out pulp and seeds, leaving $\frac{1}{4}$ inch shell. Coarsely chop pulp and seeds. In another saucepan brown beef; stir to separate meat; pour off fat. Add a $\frac{1}{4}$ of the sauce, the zucchini pulp and seeds, bread crumbs and salt. Spoon into zucchini shell; place in $1\frac{1}{2}$ quart shallow baking dish. Pour remaining sauce over and around zucchini. Cover, bake in preheated oven at 375° F. for 40 minutes or until done. Top with cheese strips. Bake until cheese melts. Serves 2.

Elizabeth Thomas

"If it looks edible you can eat it."

Hobbies: Painting and sewing.



1 lb. ground beef	2-4 oz. cans tomato sauce or
$\frac{1}{2}$ medium onion, chopped	1 pt. tomato juice
1 Tbsp. Italian seasoning	1 lb. spaghetti
1 tsp. salt	3 quarts boiling water
$\frac{1}{2}$ tsp. pepper	1 tsp. salt

Brown ground beef and chopped onion in fat in a skillet; add Italian seasoning, salt, and pepper. When brown add tomato sauce and simmer 30 minutes. If it's too dry add a small amount of water. While sauce is simmering, add spaghetti to salted boiling water. Cook until tender, about 20 minutes. Combine sauce and cooked spaghetti. Serves 6.

Phyllis Nelson

"Don't cook more than can be eaten in one meal, but always prepare enough for everyone to have a large serving."

Hobbies: Sewing, cooking, fishing.

CHILI ENCHILADAS

2-15 $\frac{1}{2}$ oz. cans chili	1 cup Bisquick baking mix
$\frac{1}{4}$ cup chopped onion	$\frac{1}{4}$ cup cold water
2 cups grated cheese	Cornmeal

Preheat oven to 350° F. Mix together chili, 2 Tbsp. onion, and 1 cup cheese; set aside. Stir baking mix and water to a soft dough. Gently smooth dough into a ball on floured board and knead 5 times. Divide dough into 8 equal parts; shape each part into a ball. Roll each ball into a 5 inch circle on board dusted with cornmeal. Bake on hot ungreased griddle about 1 minute on each side until light brown. Spoon about $1/3$ -cup chili mixture in center of each tortilla; roll up placing seam side down in an ungreased baking dish. Spoon remaining chili over enchiladas; sprinkle with remaining onion and cheese. Bake uncovered about 25 minutes or until cheese is melted. Serve with shredded lettuce and chopped red tomatoes. Serves 4-6.

Joan Lunsford

- 1 lb. ground beef
- 1 can cream of chicken or mushroom soup
- 1 can Ortega chili peppers, diced
- Tortilla or potato chips, crushed
- 1/2 cup grated cheese

Fry hamburger in a large skillet and drain grease; add soup and peppers. In a small baking dish put a layer of hamburger; add a layer of chips. Repeat another layer. Sprinkle cheese on top and bake at 300° F. until cheese bubbles, about 15 minutes.

Beverly Fleetwood

"I like to taste while I'm cooking."

Hobbies: Reading and sewing

MEXICAN CHIP, BEAN, AND CHEESE CASSEROLE

- 1 large pkg. Doritos, any flavor
- 1 lb. ground beef
- 1 large can pork and beans or chili
- 2 cups grated cheese
- Season to taste
- 3 drops taco sauce

Brown ground beef. Place all ingredients by layers in a large baking dish starting with a layer of beans, ground beef, chips, cheese, and ending with a cheese on top. Bake at 350° F. for 20-25 minutes or until heated through. Serves 4. Variation: Add 1 small can enchilida sauce, mild or hot; 1 can mexican style rice (Spanish Rice); 1 cup chopped onions browned with ground beef. Layer ingredients. Bake 30-35 minutes at 350° F.

Sandra McConochie

Hobbies: Painting, art, crafts.

- 1 lb. ground beef
- 1-15 oz. can tomato sauce
- 1 pkg. taco mix
- $2\frac{1}{2}$ cups corn chips or taco chips
- 1-15 oz. can refried beans
- 1/2 cup shredded Cheddar cheese

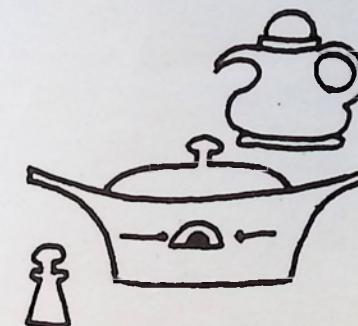
Preheat oven to 350° F. In a large skillet brown beef and drain fat. Add tomato sauce, 1/2 can water, and taco mix; mix well. Line bottom of a 2 quart casserole with 2 cups corn chips. Crush remaining chips and set aside. Spoon meat mixture over chips in the dish. Combine remaining tomato sauce and mix with beans; spread over meat. Bake, uncovered, 25 minutes. Sprinkle with leftover crushed chips; ^{add cheese} ~~^~~ bake uncovered 5 minutes more. Serves 8.

Gary Hoppe

"Make something delicious and appetizing without spending all day in the kitchen. After all, I work all day."

Hobbies: Fishing, hunting.

SALADS



FROZEN FRUIT SALAD

2-3 oz. packages cream cheese
 1 cup mayonnaise
 1 cup heavy cream-whipped
 $\frac{1}{2}$ cup red Marashino cherries-quartered
 $\frac{1}{2}$ cup green Marashino cherries-quartered
 1- $\frac{1}{2}$ can (2 $\frac{1}{2}$ cups) crushed pineapple, drained
 2 $\frac{1}{2}$ cups diced or miniature marshmallows

Combine cheese and mayonnaise; blend until smooth. Fold in whipped cream, fruits, and marshmallows. Pour into 1 quart refrigerator tray. Freeze firm. Serves 8-10.

Good for holidays, it may be either salad or dessert. It can be made ahead; keep frozen indefinitely.

Beulah Abbott

"Make it fast, simple, and good."

Hobbies: Reading and embroidering.

GLORIFIED RICE SALAD

2 envelopes unflavored gelatin	$\frac{1}{2}$ cup shredded coconut
$\frac{1}{2}$ cup cold water	1 pint whipped cream
$\frac{1}{2}$ cup uncooked rice	$\frac{1}{2}$ tsp. vanilla
1 cup sugar	$\frac{1}{2}$ tsp. salt
1 cup crushed pineapple	
$\frac{1}{2}$ cup chopped walnuts	

Soak gelatin in cold water 5 minutes. Dissolve by holding pan over hot water. Cook rice in 6 cups boiling water until tender, drain. Mix together rice, gelatin, sugar, pineapple, and salt. When it begins to set, fold in the whipped cream, nuts and coconut. Serves 6.

Ruby Knapp

"Prepare food that is not only sufficient in nutrients, but also enjoyable to eat."

Hobbies: Reading.

COTTAGE FRUIT SALAD

1/2 cup sugar
 1/2 cup boiling water
 1-3 oz. pkg. lemon gelatin
 4 sliced bananas
 2 cups miniature marshmallows

Dissolve sugar and lemon gelatin in boiling water. Let stand in the refrigerator until syrupy. Add bananas and marshmallows to above mixture; let set until firm. In a saucepan mix sugar, cornstarch, and pineapple with juice. Cook until thickened; cool. Fold in whipped topping. Spread on top of gelatin mixture and chill at least 4 hours. Serves 4-6.

Roberta Burton

"I like to feed big groups, and only what they like to eat!"

Hobbies: Working in the yard, sewing, shopping

COTTAGE CHEESE SALAD

1 pint cottage cheese
 1-3oz. pkg. orange Jello, dry
 1 pint Dream Whip or Cool Whip
 1 can mandarin oranges

Combine ingredients in the above order. Mix well and chill in the refrigerator until needed.

Maud Arnold

Hobbies: Stamp collecting, gardening

DELICIOUS SALAD

1-6 oz. pkg. Jello
 1 small container Cool Whip
 1-16 oz. can fruit cocktail
 1-16 oz. container cottage cheese

Cool all ingredients except Jello before mixing. Mix fruit cocktail with dry Jello; then add Cool Whip. Lastly add cottage cheese and mix well. Pour into a bowl or gelatin mold. Refrigerate until set. Serves 10-12.

Chet Faurholt

"If it's good and quick to make, right on!"

Hobbies: Traveling and goofin' off.

ORZO SALAD - RICE SHAPED PASTA

1 $\frac{1}{4}$ cups (8 oz.) orzo or tiny shell pasta
 Salt to taste
 3 qt. boiling water
 1/3-cup vegetable oil
 2 Tbsp. vinegar
 2 tsp. Worcestershire sauce
 1 $\frac{1}{4}$ tsp. basil leaves, crushed
 $\frac{1}{2}$ tsp. oregano leaves
 1 cup pimiento stuffed green olives, sliced
 1/3-cup chopped onion (red, green or Bermuda)
 1-2/3 cups sliced celery
 $\frac{1}{2}$ cup chopped parsley
 1 small cucumber, sliced
 2 medium tomatoes, cut in wedges

In a pan gradually add pasta and 1 tsp. salt to boiling water so that water continues to boil. Cook, uncovered, stirring occasionally, until tender - about 10 minutes. Drain and rinse with cold water.

Blend oil, vinegar, Worcestershire, and herbs in a large bowl. Add orzo, olives, onions, celery, and parsley. Toss until combined. Cover and refrigerate several hours.

At serving time season to taste with salt and pepper. Spoon into serving bowl and surround with cucumbers, tomatoes. Garnish with a few olives.

Roberta Fernandez

Needlepoint, reading, traveling.

SAUERKRAUT SALAD

1 lg. can sauerkraut, drained and washed
 $\frac{1}{4}$ cup chopped onion
 $\frac{1}{4}$ cup chopped celery
 $\frac{1}{4}$ cup chopped green peppers
 2 Tbsp. grated carrot
 $\frac{1}{4}$ cup vinegar
 1 cup sugar

Mix together all ingredients in a bowl. Cover and refrigerate several hours before serving. Serves 4.

Della Moody

FRENCH DRESSING

1 can tomato soup	$\frac{1}{4}$ tsp. ginger
1/3 cup oil	$\frac{1}{2}$ tsp. salt
2/3 cup vinegar	1 small onion, grated
3/4 cup sugar	Dash of garlic salt

Put all ingredients in a jar and shake well.
 DO NOT USE A BLENDER. Makes 1 pint.

Roberta Burton

"I like to feed big groups, and only what they like to eat!"

Yard work, sewing, and shopping.

TACO SALAD

1 lb. hamburger	1 avocado
1 head lettuce	1-9 oz. pkg. tortilla chips
2 tomatoes, diced	1-8oz. bottle Thousand Island
1 small onion, diced	Dressing

Brown hamburger well and then put it into a large salad bowl. Add shredded lettuce, tomatoes, and onion. Just before serving peel and dice the avocado and add it to the salad. Add broken taco chips and pour dressing over all; mix well. Serves 8.

Nola Rambo

Hobbies: Rug making, reading

POTPOURRI

BAKED EGGS AND SAUSAGE

8 slices bread, crust removed, cubed
 $\frac{1}{2}$ lb. sharp cheese, grated
 6 eggs, beaten
 $\frac{1}{2}$ tsp. salt

$\frac{1}{2}$ tsp. dry mustard
 2 cups milk
 1 lb. sausage (may use link sausage-sliced)

1. Brown sausage, drain.
2. Layer bread, sausage, and cheese in a dish. The top layer should be cheese.
3. Mix eggs, salt, mustard, and milk; pour over layers.
4. Refrigerate overnight.
5. Bake one hour at 350° F.

Juanita Morris

"Cook only good food that will be eaten and enjoyed."

Hobbies: Sewing, gardening.

GREEN CHILI EGGS

1-8 oz. can chili or 1-4 oz. can jalapeno mild peppers
 1 lb. grated Monterey Jack cheese
 12 eggs
 1-16 oz. container sour cream

Remove seeds from peppers; drain and wipe dry. Lay them in a buttered 13 x 9 x 2-inch baking dish. Cover with grated cheese. Combine eggs and sour cream in a bowl; beat and pour over top of chilies and cheese. Bake at 350° F. for 30 minutes until it puffs like a souffle. Serves 8. Variation: Peppers may be omitted and you may substitute other foods. It is very good reheated.

Ella Pingle

"Use your imagination. Make each dish you prepare a part of your love and caring. I enjoy taking a recipe and making it my very own by putting in a little of this and a little of that, to make it just right."

Helping the blind, cooking, crocheting, knitting, homemaking.

SPICY APPLE PANCAKES

2 cups Bisquick baking mix	1-1/3 cups milk
1/2 tsp. cinnamon	3/4 cup grated apple, about 2
1 egg	

Combine Bisquick, cinnamon, egg, and milk; beat with rotary beater until smooth. Stir in apples. Grease griddle if necessary. Pour batter by $\frac{1}{4}$ cup portions onto hot griddle. Bake until bubbles appear. Turn; bake on other side until golden brown. Serve with warm syrup. If you wish, top with dairy sour cream.

Sharon Watkins

"I use a recipe only for an idea, but I don't actually use one when I'm cooking."

Hobbies: Reading, traveling, camping

5 cups old-fashioned rolled oats	1 cup sesame seeds
1 cup sunflower seeds	1 cup chopped almonds or other nuts
1 cup wheat germ	
1 cup non-instant dry milk	1 cup oil
1 cup soy flour (optional protein ingredient)	1 cup honey

Mix together all dry ingredients; in a small bowl mix oil and honey. Thoroughly combine dry and wet ingredients. Toast the mixture on cookie sheets at 250° F. in the oven until light brown. Toss occasionally. Thin layers toast quicker. Serve with milk for morning cereal or as a topping over yogurt, ice cream, or cobblers, etc. Variations: Add 1 cup raisins and/or shredded coconut if desired. Honey may be replaced with brown sugar and added to the dry mixture.

Rosalie More

"I rarely cook anything that takes three hours. I never begin cooking until I'm starved so it has to be fast."

Hobbies: Painting, guitar, banjo, horses

BANANA FRITTERS

1/2 cup buttermilk biscuit mix	2 egg yolks
1/4 cup sugar	2 egg whites, stiffly beaten
1/8-tsp. cinnamon	6 bananas, peeled and halved both crosswise and lengthwise
1/8-tsp. nutmeg	
1/4 cup milk	2 cups vegetable oil for frying

Combine all dry ingredients and then add milk and egg yolks. Beat until smooth. Gently fold in stiffly beaten egg whites. Heat oil to 375° F. in a wok or fryer. Dip banana pieces into batter and fry in oil until golden brown. Sprinkle with powdered sugar. Makes 24 fritters.

Gretchen Mecum

"Always put your love into a recipe and it seems to taste better."

Hobbies: Playing piano, swimming, snowmobiling

SWEET POTATOES

12 medium yams, cooked and peeled	2/3-cup brown sugar
1/4 cup flour	1/2 cup melted butter
1 tsp. salt	2 cups orange juice
2/3-cup sugar	

Melt butter and set aside. Sift flour and salt; add all sugar and stir into the melted butter. Add yam juice and bring to a boil. Cut yams in half and place in one layer in a buttered baking dish. Pour sauce over yams. Bake at 350° F. for 30 minutes. Serves 6.

Bonnie Finchum

CREAMY MUSTARD

1 1/2 oz. mustard seed } Grind seeds slightly in blender to break-up.
 1/4 tsp. celery seed }

Add: 2 oz. water) Blend until seeds are pulverized and mix is a
 4 oz. vinegar) puree.

Put in saucepan and add:

2 Tbsp. flour	1/8-tsp. nutmeg	1/8 tsp. turmeric
2 tsp. sugar	1/2 tsp. salt	1 egg

Cook slowly over medium heat about 4-5 minutes, stirring constantly until mix is thick and smooth.

Joann Macy

"Eat out!"

Hobbies: Cribbage, crocheting

HOMEMADE SALAMI

10 lbs. ground beef
10 heaping tsp. Tender Quick Morton's Salt
5 tsp. liquid smoke
3 heaping tsp. whole mustard seeds
2 tsp. whole black peppers - may be coarse ground
5 tsp. chopped garlic (more or less to taste)

Mix all ingredients thoroughly in glass or plastic container; don't use metal. Cover and refrigerate for three days. Each day mix thoroughly. On fourth day shape into long rolls not more than three inches in diameter. A Pringle chip container works well with both ends out and use the plastic cover. Pack solidly. Rolls may be wrapped in cheese cloth if desired. Then place on rack in oven and let drain into pan. Heat oven to 150° F. and bake 12-16 hours. An electric smoker works well. If so, no liquid smoke is needed. 1/2 cup of grape wine can be added in mix if desired. Slice thin and enjoy. Keeps well in the refrigerator or freezer.

Leonard Stratton

